

# Mental Health Toolkit



# CRISIS SERVICES

## **Provincial Mental Health and Addictions Crisis Line | 1-888-429-8167**

Provides 24/7 crisis intervention for children, youth, and adults experiencing mental health crises, including suicidal thoughts, self-harm, anxiety, psychosis, depression, or substance use challenges. Support is also available for families, friends, and community agencies.

## **9-8-8 Suicide Crisis Helpline | Available 24/7**

If you are thinking about suicide, or worried about someone else, call or text 9-8-8 toll-free, any time. Lines are open 24/7/365

## **Eskasoni Mental Health Services (EMHS) | 1-855-379-2099**

Supports Mi'kmaq people of Eskasoni, Cape Breton, NS. Offers 24-hour crisis support, emotional, social, and educational support, referrals to counseling, and help navigating agencies. Services available in Mi'kmaw and English.

## **Kids Help Phone | Call 1-800-668-6868 or Text CONNECT to 68686**

support service for children and youth. The services can be accessed via phone, text or app chat.

# NON CRISIS SUPPORT

## **Adult Community Mental Health and Addictions Services | 1-855-922-1122**

Team of mental health and addictions professionals who provide services on an outpatient basis. The team provides assessment, diagnosis and treatment, and outreach services that can help people to manage mental illness, addictions and concurrent disorders. Multiple clinics around Cape Breton

## **Access Wellness | Call 1-833-691-2282**

Free single-session supportive counselling service for individuals (18 years and older), couples or families. Sessions can be held over the phone, online with video, or in-person. This service focuses on challenges/concerns that can be resolved in a short term/single session. Counsellors can also provide information about other services and community resources.

## **Anchor Youth New Dawn | (902) 590-4006 | 37 Nepean St, Sydney NS**

One-stop hub for youth ages 12–25 and their caregivers that provides free health, wellness, and social support services. The space offers walk-in support with no referral needed, along with counselling, peer support, outreach, and structured programs.

## **Black Youth Helpline | 1-833-294-8650**

A Canada-wide helpline providing professional, culturally appropriate support for youth, families, and schools.

## **Good2Talk | Call 1-833-292-3698 or Text GOOD2TALKNS to 686868**

Support services available to post-secondary students in Nova Scotia.

## **Pride Health | 902-487-0470 | [prideHealth@nshealth.ca](mailto:prideHealth@nshealth.ca)**

Pride Health works to improve access to health services in Nova Scotia which are safe, coordinated, comprehensive, and culturally appropriate for people who are two-spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual (members of the 2SLGBTQIA+ community). Offers health resources, navigation and referrals for Substance Use, mental health, and other health services. Website: [www.nshealth.ca/content/pridehealth](http://www.nshealth.ca/content/pridehealth)

# OTHER SUPPORT

## **Canadian Mental Health Association Resource Guide**

Opportunities, resources, community support and mental health myths.

<https://novascotia.cmha.ca/wp-content/uploads/2022/02/Resource-Guide-1.pdf>

## **Nova Scotia Health**

A short guide with contact for mental health support services and more information about addiction tools.

<https://mha.nshealth.ca/sites/default/files/2023-10/NSH%20MHAP%20Resources.pdf>

## **CMHA (Canadian Mental Health Association) Mental Health Week Toolkits**

More resources for schools and workplaces about mental health week and how to support your students and employees.

<https://cmha.ca/mental-health-week/toolkits/>

*Disclaimer- These resources are not extensive and are based on the information available on public domains.*

